



# Al-Anon/Alateen

*District 7 Des Moines and Central Iowa*

October 2019

Where's the Billboard? 63rd Ave. by Valley Junction

## Upcoming Events

### November

- 2 District Service Workshop "Gratitude in Service" - [New Hope Methodist Church](#), 4525 Beaver Ave, Des Moines - District 7 GRs will elect the remaining officers and chairpersons for the district.
- 2 Madison County Al-anon 43rd Anniversary, doors open at 5 pm, potluck dinner begins at 6pm, [Jackson Building, Madison County Fairgrounds, Winterset, IA](#)

### December

- 1 District Meeting - White House, 2:00pm
- 7 2019 Holiday Party, the White House 11 am - 1 pm. More details to come!

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## District 7 Meeting Minutes - October 6th, 2019

**Welcome** - Samantha opened the meeting at 2:00 pm with a moment of silence followed by the Serenity Prayer.

**Introductions:** Introductions of attendees were made.

**Birthday recognitions:** Johanna - 4 years, Janine - 37 years

**Secretary's Report:** Jessica B- Minutes from the August 25th meeting were read and corrected.

**District Representative Report:** Valerie B - Report was distributed and read. Details on the District 7 Fall Service Workshop on November 2th were shared via a flyer. Review the officer and chairperson responsibilities for any changes, get them to Val.

Please encourage anyone interested in being a GR, they can learn more about the role at the service workshop, please get the names of the new year's GR by December District Meeting.

**District Treasurer Report:** Val for Janice S - at the last meeting we voted to increase the bond issue. \$144/year for a \$50,000 bond with \$0 deductible. Motion from Janice to keep the bond at a \$0 deductible for \$144/year, 2nd by Deb S. Motion passed with 22 votes.

Beginning Balance	\$11,274.65	Alateen Balance	\$2,598.76
Net Income	\$891.86	Prudent Reserve	\$4,000.00
Ending Balance	\$12,166.51	District Balance	\$5,567.75

**D7AISC Treasurer Report:** Deb S -

Beginning Checking Balance	\$3038.44	Savings Balance	\$3,116.89
Net Income	\$(1066.44)	Petty Cash	\$106.50
Ending Checking Balance	\$1972.00	CD's	\$10,830.45
			\$3,291.18

**Board of Trustees Report:** Teri - Report for September was shared. Request to have members think about volunteering at the service center. Turnout was good over the summer. October hasn't been volunteered. If someone has volunteered but needs training, anyone that has volunteered can train. Can reach Teri at 515-577-7822 if you are interested in volunteering. While volunteering, you can review the call list but calling people on the list.

**Service Workshop:** Sandi L - what it means to be an Alateen Amais. An Amais is an AI-Anon member, must fill out an application, a background check and a WSO form. You must attend AI-Anon regularly, be at least 21. WSO will send you an Amais # and you can start going to the Alateen meetings and be a sponsor.

**Alternate DR Report:** Members Present: Mary S - 34 present/22 voting

**Answering Service:** Julie N - no report

**Newsletter:** Brigid E - newsletter cutoff is October 18, will include resumes for District positions. Send electronic versions of your flyers to Jasmine to get on the website, then send a note to Brigid ([iowaernsts@yahoo.com](mailto:iowaernsts@yahoo.com)) Put AI-Anon Resume in the title.

**Alateen:** Sandi L - Sept 27th was the last meeting, 7 Amais present. The group decided to pass on speaking at an event but will share flyers. Selling pop at Thursday night potluck, the service workshop in Nov and the Holiday Party in Dec.

**Literature:** Hollie M - shared the Service Sponsorship Pamphlet, \$0.30

**Forum:** Debbie H - no report

**Group Records:** Janine J - report was distributed and read. Do we need to add the meeting designation on the meeting list? It has also been suggested to add a statement stating Alateen meetings are closed. Janine suggested changing \* to letters designating meeting types. Suggestions on how to make the legend more visible. Also - GR's review the Handicap Accessible list to confirm as several groups have different information for the district versus the WSO.

**Archives:** Ashley C - will try to meet one more time to go through and clean up archives. After the meeting, will meet with interested people

**Public Outreach:** Janine for Bonnie - Report was distributed and read.

Powell - Lutheran  
Hospital 6:30 pm Thursday

Mercy Franklin Family  
Group 6:00 pm Wednesday

Mercy Franklin Patient  
Group 5:30 pm Thursday

10/10/19 - *Parents and Others*

11/14/19 - *Sat, Night Step  
Study*

12/12/19 - *Mon. Night Parents*

11/13/19 - *Courage to  
Change*

11/7/19 - *Seasons of Hope*

**Website:** Jasmine - 1124 hits on the website in the last 30 days with 350 downloads.

**Birthday Celebration 2020:** Jasmine - Will have a flyer for the Nov meeting. Have an AI-Anon Speaker Courtney from Oklahoma, Johanna will be the Alateen speaker and still confirming the AA speaker. Are also looking for an AI-Anon speaker host. Had a 12 step quilt donated from 1996, will donate it to the Holiday party if they would like it.

### Unfinished Business

- **DR/Alt DR positions** - Is anyone present interested in standing for one of those positions?
- **BOT position** - Shelly submitted her resume. Vote - 21 approved, passed.

### New Business

**Proposed 2020 Meeting Dates** - 1/5, 2/2, 3/1, 4/5, 5/3, 6/7, 8/2, 8/30 (Labor Day), 10/4, 11/7 (Service Workshop), 12/6

- Motion made and seconded, vote - 21 approved, motion passes.

### GR Sharing

- **Alateen at Orchard Place** - usually have 4-5 kids at a time, have 2 books left. Is asking for donated books again. Are there specific books? It's the small red Alateen daily reader (\$11). Is cash ok? Yup! Get the donations to Sandi L and she will get them to Lisa.
- **Thursday Night Step Study** - Friday, October 18th Potluck at Lutheran Church of Good Shephard. Flyer Provided
- **Tuesday Morning Step Study Birthday Celebration** - Flyer provided
- **Wednesday Night meeting** changed to Friends and Family only.
- Holiday Party Flyer has been shared, updated flyer will be provided next month.

**Next Meeting:** Saturday, November 2, 2019 at 1 PM @ New Hope United Methodist Church

Samantha concluded the meeting at 3:19 PM with the AI-Anon Declaration.  
SUBMITTED FOR APPROVAL by Jessica B 10/6/19

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## District 7 Representative - October 2019 Report

### WSO News

WSO announced they are looking for a member to fill the Group Services Specialist - Alateen (Spanish). This role requires 5-7 years of continuous Al-Anon membership. It is located at the WSO office in Virginia Beach. If you are interested, I can pass along the job description.

The WSO's newsletter cautioned against using references to drug additions on public outreach materials. The 2018 Membership survey found that 35% of members specifically came because of someone else's drug use; however, we are asked to keep tradition five, our singleness of purpose, in mind when creating public outreach material.

WSO also sent out a announcement about the upcoming Alcoholics Anonymous International Convention with Al-Anon participation. The event will be held July 2-5, 2020 in Detroit, Michigan. Online registration is now available. Registration cost \$115 through April 15, 2020, and increases to \$140 following that date.

### Area News

Area Serenity Weekend was held Friday, September 20 - Sunday, September 22 at Twin Lakes Camp in Manson, Iowa. About a dozen eggs showed up from District 7, and boy were they eggcited about Serenity! The weather was beautiful, and we had a great time. I saw a couple D7 members ring the bell on the rock wall - always a favorite of mine.

October 11-13 is the Fall Assembly in Carroll, Iowa. No more registrations or Group Representative changes can be made, as deadlines have passed. Please remember that you must register twice - once with AA for conference registration, and once with Al-Anon. Registration times are 7-8 PM on Friday and 8-9 AM on Saturday. You must be registered by 9 AM Saturday morning in order to vote in the elections. To reach the Al-Anon room, we will need to walk through a restaurant, and the venue has asked to close this room when it's not in use. I recommend if you are planning to register on Saturday, leave a little early to navigate to the room. Also, when elections begin, no one is allowed to exit the room, so come prepared!

### District Happenings

#### Fall Service Workshop

The District 7 Fall Service Workshop "Gratitude in Service" will be held Saturday, November 2 at New Hope Methodist Church located at 4525 Beaver Ave, Des Moines, IA 50310. The plan for the day will be to (1) Welcome and overview of the election process (2) Gallery walk of the current district service positions (3) "My Service Journey" activity and resume writing time. Don't forget your Service Manual! Recall that district meeting will be held following the potluck lunch, with elections for next term officers and coordinators.

Officer and Chairpersons:

- If you haven't already, please let me know if you are available to participate in the Gallery Walk as soon as possible.
- Please review the Officer and Chairperson Responsibilities. Turn in your changes to me by October 25 so that I can compile them before the next district meeting. Changes will be voted in by the GRs.

2020-2022 District Service Positions: if you are interested in standing for a district service position, please send a copy of your Al-Anon resume to Brigid, newsletter chair, prior to this month's newsletter deadline. Brigid will publish resumes in the newsletter. However, I understand that you might not be aware of all the positions and what they entail. We will have an opportunity to share about the service positions at the fall service workshop, so we will also take nominations from the floor during elections.

## Group Happenings

I would encourage you all to start talking with your groups about electing a GR for next term if you haven't already. We ask that you have your decisions made by the December district meeting so that Janine is able to provide updates to the Area by the requested December 15 deadline. Encourage them to attend the Area Service Workshop on January 11 in Marshalltown so they have an opportunity to learn about their new service position. A few reminders:

- Groups may vote in their GR in whatever method they choose.
- CMA (Current Mailing Address) - This is the name/address/phone/email that the WSO keeps on file to send information. Your GR does not need to be the CMA.
- GR - This is the person who is authorized to vote at the district meetings and area assemblies.
- Alternate GR - can substitute for the GR when not available. You may not have an Alternate GR without a GR in place. GR and Alternate GRs information is recorded at the District and Area level.
- Other group level service positions (treasurer, literature, etc.) neither the district nor the area needs this information.

## Mark your calendars - End of Term Countdown

1. Iowa Area Fall Assembly\* - October 11-3 - Carroll, IA
2. District 7 Service Workshop\* - November 2 - Des Moines, IA
3. November District Meeting - November 2 - Des Moines, IA
4. December District Meeting - December 1
5. District 7 Holiday Party - December 7
6. January 1 - NEW TERM BEGINS

\*Election Events

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## District 7 Service Position Applicant Resumes

Below is a list of Al-Anon members who have submitted applications for service positions. Some resumes are visible as photos but others may be viewed by clicking on the name. Please take time to review them before the D7 Service Workshop on November 2nd. Thank you to everyone who is willing to continue your journey of growth and recovery through service!

- **Pam A.**

### Al-Anon Service Position Resume

Date: 10-17-19  
Name: Pam Aagesen Years active in Al-Anon: 7+  
Address: 1105 NE 51<sup>st</sup> Ave Des Moines IA 50313  
Phone: 515.977.1708 Email address: pamaagesen@gmail.com  
Service Position(s) Preferred: Group Records, Answering Service  
Archives, Forum

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

#### Al-Anon activities (group, district, area)

Current GR - Tuesday Night Step Study, Altoona  
• take shifts at service center  
• share about Al-Anon at local treatment centers

Previous Treasurer - Tuesday Night Step Study  
Alternate GR - Tuesday Night Step Study  
Decorations chair - Birthday celebration 2017  
Co Chair Birthday Celebration 2018

#### Personal History

##### Relevant skills or training

- Teacher - Pre-K 25 years, Early Childhood DMAcc adjunct
- Organizational • Communication
- Leadership
- Some computer skills

Please tell us about your interest in serving District 7:

- looking for a way to serve our district and to grow in recovery through service

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

Email completed resume to [dr@al-anondesmoines.org](mailto:dr@al-anondesmoines.org)

• Megan D.

**Al-Anon Service Position Resume**

Date: 10-14-19  
Name: Megan Doherty Years active in Al-Anon: 2 yrs 11 months  
Address: 419 S. Gaines Stuart, IA 50250  
Phone: 515-202-6973 Email address: carlystar96@aol.com  
Service Position(s) Preferred: District Literature

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

**Al-Anon activities (group, district, area)**

*Current*

Casey Caring and Sharing GR  
Attendance at Area Conferences/Public Outreach workshops  
Active member at 3 meetings weekly

*Previous*

Started Casey Caring and Sharing Group June 19<sup>th</sup>, 2018.

**Personal History**

*Relevant skills or training*

Organized, People Person, joy of reading.

*Please tell us about your interest in serving District 7:*

I would like to be involved more at the district level.  
The literature position interests me because of my joy of reading  
the many different items we have available.

Please reference District 7 By Laws and Policy and Procedure Manual for eligibility and further details about elected service positions: <https://al-anondesmoines.org/resources>

Email completed resume to [dr@al-anondesmoines.org](mailto:dr@al-anondesmoines.org)

- [Bonnie J.](#)
- [Deb M.](#)
- [Linda M.](#)
- [Samantha M](#)
- [Becky T](#)

## D7 Board of Trustees Meeting Minutes - October 17, 2019

Jennifer opened the meeting at 5:16 with a moment of silence followed by the Serenity Prayer.

Present: Shelley, Jennifer, Larry, Deb, Melissa, Terri, Mary

**Secretary** - Shelley read the September minutes

**Treasurer** - Deb read the report, the check register was approved.

- August was closed on the 25th of the month, the ending balance was \$2142.34
- Contributions were higher in October

Beginning balance 2,142.34 Saving balance 3,111.89  
 Receipts 1,697.58 Saving balance 5.00  
 Disbursements 1,867.92 CD balance 10,830.45  
 Ending balance 1,972.00 CD balance 3,291.18

**Literature - Melissa**

- There is a new price list, expires July 2020
- Alateen newcomer packets will be in a new booklet, similar to Al-Anon newcomer packets, new price \$1.75
- Purchased 5 more 50th Anniversary ODAT books

Total Sales, Literature, S&H, etc 801.78  
 Total Purchases-Literature, S&H, etc 997.57  
 Net -195.79

**Site - Larry**

- Purchased diet and regular Pepsi, 12pk
- He will glue the chair rail back on, near the window

	copies		prints	total
B/W	745	4		749
Color	385	0		385

**Volunteer - Terri**

- October is filled, November has many volunteers
- She sent a Thank You on Sign up to the volunteers
- Instructions for volunteers were reviewed and will be assembled into a booklet for volunteers

**District - Mary**

- Area Assembly elections: Delegate Katy P, Alt Delegate Missy Y, Chair Virginia B, Secretary Becky V, Treasurer Linda A, 2 open coordinator positions
- Birthday Celebration Al-Anon and Alateen speakers are set
- Service Workshop Melissa is representing the BOT
- Lisa B Orchard Place Alateen sponsor requested books

**Old Business**

- Resume for open BOT position, 1 filled, 1 open in January
- District approved Bond increase, Janice is organizing the change



## New Business

- Appeal Letter Jennifer will update and have ready for the November District meeting and newsletter
- Inventory set for 12-28-19

**Next Meeting** - November 21, 2019 5:15

Meeting adjourned at 6:29pm with the AI-Anon Declaration  
Submitted by Shelley P 10/17/19

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## D7 Board of Trustees "Thank You" letter to AI-Anon Members

Dear District 7 AI-Anon Members:

Best Wishes for a great 2020 to our District 7 AI-Anon friends and fellow members from the District 7 Service Center Board of Trustees!

2019 was a highly productive year for the Service Center and we wanted to express our deep sense of gratitude to all the AI-Anon members who supported the Service Center through their Group contributions. AI-Anon Group contributions are a crucial piece of the support that allows us to maintain operations as your source of AI-Anon/Alateen approved literature. The Service Center Board of Trustees views the following two items as our primary functions:

- To maintain an ample supply of the most current AI-Anon/Alateen-approved literature and to support volunteers who provide service to members during open hours;
- To maintain a functioning and welcoming Service Center that serves our members, and hosts AI-Anon meetings and AI-Anon organizational committees.

The Service Center is one of many features that helps District 7 maintain a strong community of AI-Anon members that are seeking recovery through hope and serenity. The Board of Trustees is honored to serve District 7 and we have tried to improve all aspects of the Service Center operations with our efforts. Most of all, we want to express our thanks and appreciation to all AI-Anon groups for supporting the District 7 Service Center so generously throughout the year. Group contributions usually are about 25% of our operating revenues and without your strong support we would face financial difficulties.

So, thank you AI-Anon members, for supporting the Service Center! We wish you a great and healthy 2020.

Sincerely  
D7 Service Center Board of Trustees

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## AI-Anon Technology-Based Resources

- [AI-Anon District 7 Website](#)
- [AI-Anon and Alateen Service Manual \(2018-2021\)](#)
- [AI-Anon Iowa Website](#)

- [AI-Anon World Service Office Members Site](#) - for password, use any word followed by "afg"
- Iowa Reaches Out Newsletter - to receive the AI-Anon Iowa Area Newsletter, email [iowareachesout@yahoo.com](mailto:iowareachesout@yahoo.com) - previously published newsletters can be found [here](#)
- Service Center Volunteer Signup - use this link to electronically volunteer to work at the Service Center; you will receive email reminders as well
- [AI-Anon on Facebook](#)\*
- [AI-Anon on Twitter](#)\*
- [AI-Anon](#) and [Alateen on Instagram](#)\*

\*Please remember to protect your anonymity on social media by not making comments that would reveal your AI-Anon membership.

Many of the following links are on the AI-Anon Member site so if you have not previously logged in, you may be prompted for the password. The password is any word followed by "afg".

- [Conference Approved Literature Order Form](#) - use this form as reference only to see what materials are available for purchase but we encourage you to purchase all of your literature from our local Service Center (versus online)
- Submit [Forum Sharing Online](#)
- [Surveys for Members](#)
- [Blogs and Podcasts for Groups](#)
- [Blogs and Podcasts for Individuals](#) - (NOTE: if interested in participating in AI-Anon podcasts, email [annette@al-anon.org](mailto:annette@al-anon.org))
- [Free Electronic AI-Anon Conference Approved Materials](#)

Electronic Conference Approved Literature for Purchase (available at Barnes and Noble and Amazon):

1. How AI-Anon Works - Nook (incl Spanish); Kindle; AV/Audio version available at Service Center
2. Alateen: Hope for Children of Alcoholics - Nook; Kindle; Spanish Nook; Kindle
3. Forum (can purchase current month or annual subscription) - Nook
4. One Day at a Time in AI-Anon - AV/Audio version available at Service Center
5. Courage to Change (full book) - Nook (incl Spanish)
6. Courage to Change Part 1 - Kindle; Part 2 - Kindle